

## **Movie Line Up:**

**August 4th ~ Dolphin Tale 2 ~ 2014/PG/ 107 Minutes ~ Starts at 12:45pm ~** This aquatic drama continues the heartwarming story of Winter the dolphin, who survived a tragic injury by being fitted with a prosthetic tail. In the sequel, Winter bonds with an orphaned baby dolphin after her beloved pool mate passes away.

**August 11th ~ Escape to Witch Mountain ~ 1975/G/ 97 Minutes ~** Gifted orphans Tony and Tia use their superpowers to find a place called Witch Mountain -- and escape from the nefarious clutches of two schemers who are posing as loving relatives and trying to exploit the kids' special abilities.

**August 18th ~ Return to Witch mountain ~ 1978/ G / 94 Minutes ~** In this sequel to Escape to Witch Mountain, Tony is kidnapped by a cold-hearted businesswoman and her evil scientist partner, and his sister Tina must use her supernatural powers to save him.

**August 25th ~ The Boy in the Striped Pajamas ~ 2008/PG-13/93 Minutes ~** When his family moves to Poland, young Bruno befriends Shmuel, a boy who lives on the other side of the fence, where everyone seems to be wearing striped pajamas. Unaware of Shmuel's fate as a Jewish prisoner, Bruno embarks on a dangerous journey.

### **Carbon County Senior Center**

4th Annual Senior Summit & Shred Truck

Sept. 9, 2015

11:30am-1:30pm

Guest Speakers:

- Ronnie Daniel from the Alzheimer's Association
- Nicole Courtney from State of Utah Division of Consumer protection
- Nancy Madsen Program Manager Utah Caregiver Support Program

RSPV 435-636-3202

Carbon County Senior Center

450 S. Fairgrounds Way, Price



## **NEWS FLASH**

**All activities are subject to change without notice.**

**Includes movies, bingo, etc.**

**August 15, 2015**

**DEAL ME IN**

**You've Been Dealt an  
Invitation to a Lunch & Game Party  
(bring cards or game of choice)  
\$15.00 per person (includes lunch)  
12:00P.M. to 4:00P.M.**

**12 years old & up**

**Door Prizes ~ Raffle ~ Bake Sale**

**For More Info Please Call 636-3202**

**Carbon County Price Senior Center**

**Book & Puzzle Sale**

**All Genres are available**

**September 4th & 8th –11th**

**Paper back books will be .25¢ a piece**

**or 5 for \$1.00**

**ALL HARD COVER BOOKS WILL BE .50¢ each**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
Blood Pressure 2nd & 4th Mon. at 10a	Toe Nail Clinic 4th Tues. appointment required	Blood Pressure 1st & 3rd Weds at 10am	House of Hearing 3rd Thurs 10a-4p	<b><u>CLINICS</u></b>
Billiards: 8a-4p Game Rm 8a-4p <u>Shopping:</u> Fresh Market 1st, 3rd & 4th Mondays 1p <b>Wal-mart 2nd Monday</b>	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm Movie: 1p	Billiards: 8a-4p Game Room 8a-4p <u>Shopping:</u> Smiths 1p Quilting 1:00pm-3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling at Country Lanes 1pm <b><u>ACTIVITIES</u></b>
<b>Price Activities</b>				
Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Quilting & Sew- ing 10a	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Needle Arts 10a	Computer Lab: 8a-4p Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Quilting & Sewing 10a Oil Painting: 1pm Sewing Classes: 10am Veteran's Meeting Thurs. 11th & 25th at 11a Organ Lessons on the 13th & 27th	Computer Lab: 8a- 4p Ceramics: 10am  <b><u>CLASSES</u></b>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a <b><u>EXERCISE</u></b>
Music by Neldon Huff 11:30am	Music at 11:30am	Music by: 11:30am	Music at 11:30am	Music 11:30am

There are brochures and applications available at the front of-  
fice for more information about Relay Utah



MON	TUES	WEDS	THURS	FRI
Blood Pressure 1st Monday 11a	Blood Pressure 3rd Tuesday 11a	Last Weds of the month Blood Pres- sure/ Free Toenail Trimming 11 am	2nd Thurs Blood Pressure 11am	<b><u>CLINICS</u></b>
Billiards 8a-3p Bingo/cards 1:30p Needle Arts 10a  <b>East Carbon Activities</b>	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p Line Dancing 9a at Sunnyside City Hall  <b>4th Weds Movie at 1pm</b>	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose 1:15p  <b><u>ACTIVITIES</u></b>
	Needle Arts 10a	Line Dancing 9:00am at Sunnyside City Hall		Needle Arts 10a  <b><u>CLASSES</u></b>
	Exercise Class 11a		Exercise Class 11a	<b><u>EXERCISE</u></b>

The Dog Days of Summer are upon us. Have you ever wondered what that means? I, for one, have. So I decided to dig and find out. In my search, I found this term alludes to the period between early July and early September, when Sirius, the so – called Dog Star, rises and sets with the sun. The ancient Romans called this phenomenon *dies caniculares*, which was translated as “dog days” in the first half of the 1500s. My inquisitive nature is now satisfied.

Once again we are taking donations for school supplies for “our kids” @ Bruin Point Elementary. We will gladly take anything that they may need: Backpacks, paper, pencils, and crayons. It is always good to give back to your community even with the simplest of gestures. You can bring your donations here to the center and enjoy lunch with us or just drop your items off between 8am and 3pm Monday thru Friday.

I also have applications here from Relay Utah for phones for those whose hearing is not quite what it used to be. I also still have a sign-up sheet for smoke detectors for your home. The smoke detectors are offered by the American Red Cross. If you are in need of one, for your home, please come by and sign-up; there is no fee for these.

On September 11 from 11:30 to 1:30 we will be having our “Say Goodbye To Summer” picnic at Sunnyside Park. We will be having entertainment provided by Frankie & Olie and you know what a great time we have when they come up! So bring your dancing shoes and come up for a fun picnic. If I remember we will set up the horseshoes!

Happy Trails To You Until We Meet Again,

Bonnie Bell



Hot summer weather can pose special health risks to older adults. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known as hyperthermia.

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body to deal with the heat coming from the environment. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia. Risk for these conditions can increase with the combination of outside temperature, general health and individual lifestyle.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions. Older people, particularly those with chronic medical conditions, should stay indoors on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations in many communities, are another option.

Health-related factors, some especially common among older people, that may increase risk of hyperthermia include:

- Being dehydrated.
- Age-related changes to the skin such as impaired blood circulation and inefficient sweat glands.
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- High blood pressure or other conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- Taking several drugs for various conditions. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Being substantially overweight or underweight.
- Drinking alcoholic beverages.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Heat stroke occurs when someone's body temperature increases significantly (generally above 104 degrees Fahrenheit) and has symptoms such as mental status changes (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If you suspect heat stroke, call 911.
- Encourage the individual to shower, bathe or sponge off with cool water.
- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.

If the person can swallow safely, offer fluids such as water, fruit and vegetable juices, but avoid alcohol and caffeine.

EXERCISE FOR SENIORS WITH JERRI TIMOTHY

Tuesday's & Thursday's at 10:30am

Jerri has been teaching fitness class since April 1982, she has a way of making all her classes motivating, safe and effective. Jerri is the owner of Fitness World and has over 20 certifications.

On Tuesday at 10:20am (dance & toning) she teaches a class with shaker sticks. She adds a little dance for cardio endurance, and seated exercises for toning, waist, abs, arms, and legs.

On Thursdays at 10:30 am, (strength & endurance toning) Jerri teaches a class using weights or resistance bands. Adding stand up exercises for resistance, balance, and seated exercises for strength and toning, working the arms, legs, waist and abs.

Physical activity is the best way to preserve physical function and independence. Jerri focuses on function, fitness and fun, and gives diet tips in her classes.

Hope to see you at class,

Jerri Timothy

Washington DC in Depth

With the treasures of Virginia!

September 12-20, 2015

Washington DC IN DEPTH, Plus Williamsburg, Monticello, Norfolk, Virginia Beach, Shenandoah park & More!

To register for the tour, call 1-801-278-3101  
or 1-800-658-8519

OR go online to [Webbtours.com](http://Webbtours.com) & download our reservation form.

Pricing Information

(prices are per person based on number of persons sharing a hotel room)\*

Two in a room .....\$1,625 + Air

Three in a room.....\$1,565 + Air

Four in a room.....\$1,495 + Air

One in a room.....\$2,045 + Air

*Air estimates are about \$390 per person*

G	V	H	C	Q	M	S	D	E	P	N	G	N
S	R	H	A	E	B	O	I	S	E	I	O	N
T	W	U	L	T	E	I	P	Y	Y	T	O	A
P	A	A	B	Z	L	Q	Y	D	F	S	N	F
A	S	P	O	S	L	A	E	N	I	U	A	Q
U	Z	R	Z	X	I	N	N	D	A	A	X	C
L	O	Y	P	V	V	R	A	T	E	B	W	U
O	L	D	G	E	H	M	R	T	A	J	L	W
P	I	Z	R	N	S	M	G	A	T	W	T	A
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ALBANY

ATLANTA

AUSTIN

BOISE

DENVER

HARRISBURG

HELENA

LINCOLN

MADISON

NASHVILLE

SALEM

STPAUL

Dear Seniors,

With the end of summer coming soon, are you looking for another holiday or event to celebrate? Well August has a plethora of possibilities!

- August 1: Girlfriend's Day. ...
- August 2: National Mustard Day. ...
- August 3: Sisters Day. ...
- August 4: Single Working Women's Day. ...
- August 5: National Underwear Day. ...
- August 8: Happiness Happens Day. ...
- August 9: Veep Day. ...
- August 12: Vinyl Record Day.

And the list goes on. I have to chuckle when I see all the strange/off beat (supposed) holidays. But on the other hand if you are looking for something to do, there are options out there.

I decided to check to see if there were any “special holidays” for quilters. And, although I didn’t find a “holiday” that was specific to quilting I didn’t find a site that specialized in arranging USA tours for quilters. Quilters from different parts of the world travel as individuals and in groups, to experience the camaraderie of fellow travelers that have a common interest in the art and craft of quilting. Very interesting.

The Carbon County Senior Center quilters are an awesome group. If you’ve been to lunch at the center, you have probably seen them or their work. Since they started making quilts in 2011 they have completed 153. Some quilts are tied and others are “quilted.” Many of the quilts they have made are for different charities and charitable organizations such as: baby quilts for emergency services, Helper Catholic Carnival, the fire department, Active ReEntry, 2015 flood relief. In addition they make quilts for private individuals including a quilt for lovely lady who resides at a local nursing home. They also make many other craft projects and donate monetarily to the Senior Center. Thank you ladies for your willingness to serve!

Join us on August 15th for the “Deal Me In” game day. For \$15.00 you will be able to enjoy a fun filled afternoon of games, food and prizes. We are really excited to see you there. If possible purchase your ticket in advance from staff or one of the COA members. There will also be a raffle and bake sale. If you need more information call the center.

May God bless each of you daily,

Debby